

UTAH ACADEMY OF NUTRITION AND DIETETICS

2017 Annual
Conference & Exposition

March 30-31, 2017



Thank You

We are very thankful for all of this year's UAND Conference Sponsors! Our Sponsors make this event financially possible while providing helpful insights to their product and company. We aim to find sponsors and vendors that promote a wide variety of products and options. As dietitians, we strive to be considered the nutrition experts in the field of health and medicine. To be experts, we must be aware and knowledgeable of the many options that our patients and clients face and have questions about. We hope to expose dietitians to a wide variety of products and companies to help assist you in making informed decisions and recommendations for your individual patient and client needs.

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The Annual Meeting Planning Committee would like to acknowledge other organizations which have made in-kind donations, the UAND board, and volunteers for their valuable support with this year's conference.



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WANTED

**Strategic minded food and nutrition
practitioners from all settings**

to participate in a

**Wellness and Prevention Open
Space Discussion**

Join us in the Banquet Hall

Thursday, March 30th
10:15-10:35 am

Prizes for participating!

**Your ideas will be shared with the Academy
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2017

January
Return of Cuties® California clementines

2016

August
New buns with no high fructose corn syrup

New Chicken McNuggets with no artificial preservatives

New omelet-style, and scrambled eggs with no artificial preservatives or color

July
Completes antibiotics chicken commitment

June
Refreshed McDonald's salad blend

2015

September
Sourcing 100% cage-free eggs

August
Buttermilk Crispy Chicken made with real buttermilk

June
Real butter on breakfast sandwiches

April
Artisan Grilled Chicken with no artificial preservatives

March
Announced sourcing milk from cows not treated with rbST*

2014

December
Introduced Cuties® California clementines

* No significant difference shown between rbST-treated and non-rbST treated cows.

* Applies to all breakfast sandwiches.

* Farmers still use a class of antibiotics that are not prescribed to people, to help keep chickens healthy.



Take Heart



Today's Lean Beef in a Heart-Healthy Lifestyle

People often look for new ways to enjoy a variety of protein foods in a healthy lifestyle. Heart-healthy diets recommend focusing on lean protein, and that includes lean cuts of beef like Top Sirloin, Strip Steak and Flank Steak.

- 1 SAME GREAT TASTE, LEANER THAN EVER**
Enhanced trimming practices have resulted in beef that is leaner than it was decades ago. The external fat in beef cuts sold at grocery stores has decreased by 80 percent since 1990.¹ And, nearly 65 percent of all beef muscle cuts sold in grocery stores are considered lean.²
- 2 GO LEAN FOR HEART HEALTH**
Lean beef can be as effective as fish and poultry in managing cholesterol as part of a heart-healthy diet. In fact, significant research shows that people can enjoy 4-5½ ounces of lean beef, daily, as part of a heart-healthy lifestyle to lower blood pressure and improve cholesterol levels.^{3,4,5}
- 3 LEAN BEEF = HEALTHY FATS + NUTRIENTS**
Half of the fatty acids in a serving of beef are monounsaturated fats. And, a 3-ounce serving of lean beef delivers 10 essential nutrients in just 150 calories, including about 25 grams of high-quality protein. It would take 1½ to 2 times more calories to get the same amount of protein from beans, nuts and grains.⁶

1 McNeill SH, et al. The evolution of lean beef: identifying lean beef in today's U.S. market place. Meat Sci 2011;90:1-8.

2 FreshLook/IRI, 52 weeks ending 12/27/15, Total U.S. Cuts; categorized by VMMMeats System.

3 Maki KC, et al. A meta-analysis of randomized controlled trials that compare the lipid effects of beef versus poultry and/or fish consumption. J Clin Lipidol 2012;6:352-61.

4 Roussell MA, et al. Beef in an Optimal Lean Diet study: effects on lipids, lipoproteins, and apolipoproteins. Am J Clin Nutr 2012;95:9-16.

5 Roussell MA, et al. Effects of a DASH-like diet containing lean beef on vascular health. J Hum Hypertens 2014;28:600-5.

6 US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Release 28 (Slightly revised). Version Current: May 2016. Internet: <http://www.ars.usda.gov/ba/bhnrc/ndl>

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1. Drover JW et al. *J Am Col Surg* 2011;212:385-399.
2. Majumder A et al. *J Am Col Surg* 2016;222:1106-1115.

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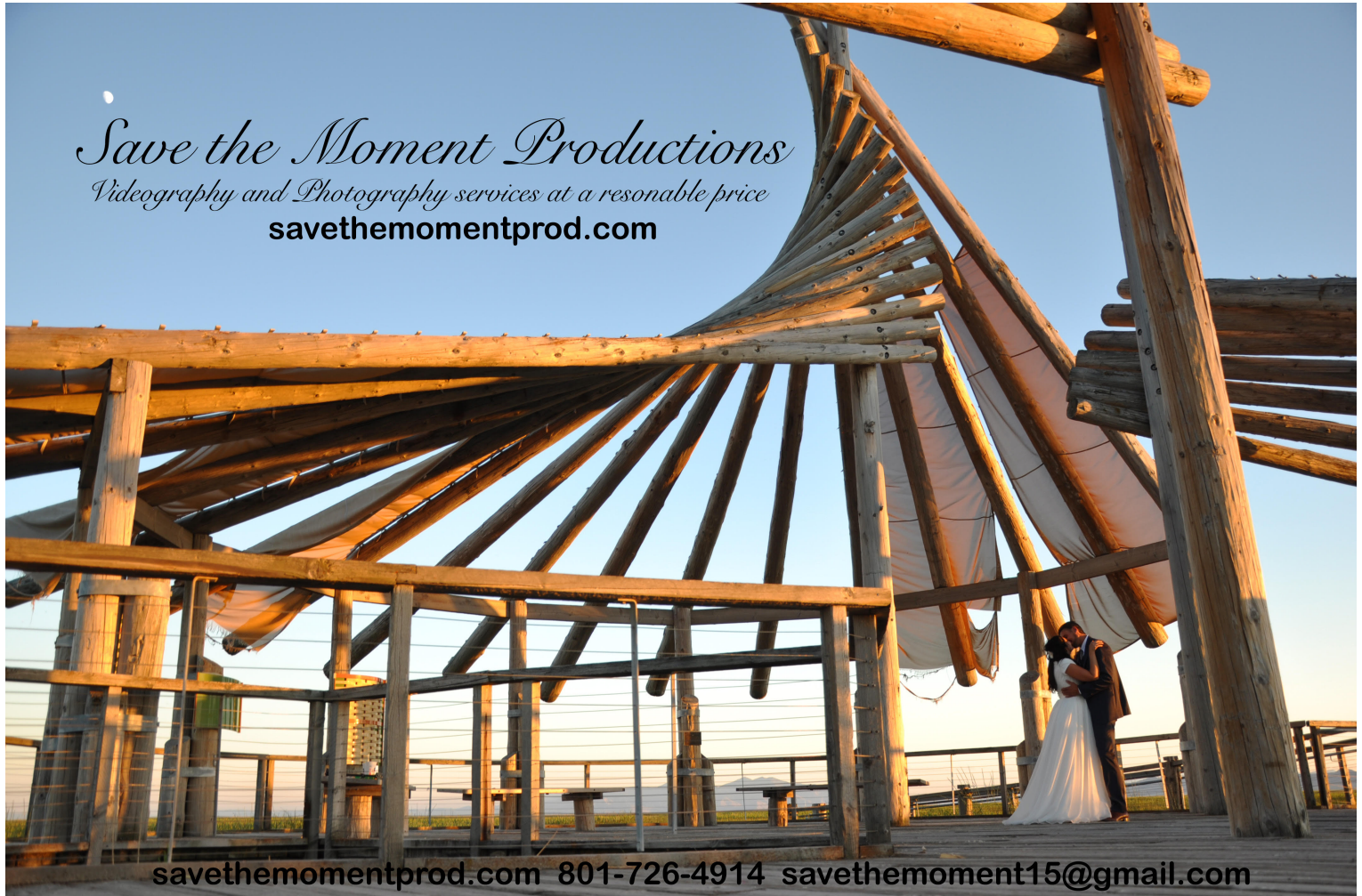
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Utah Academy of Nutrition and Dietetics 2017 SCHOLARSHIPS AND AWARDS

AWARD OF MERIT

Artis Petty Grady, Med, RDN, CD, CFCS-HNFS

EMERGING DIETETIC LEADER

Jessie O. Hatch MSRD, CNSC

RECOGNIZED YOUNG DIETITIAN OF THE YEAR

Nikki Kendrick, MDA, RDN, CNSC

AWARD OF RECOGNITION

Marti Woolford

Nutrition Initiative Director for Utahns Against Hunger

OUTSTANDING DIETETICS STUDENTS

Anna-Marie White, Coordinated Program

Josie Iroz, Didactic Program

Danielle Conlon, Internship Program

SCHOLARSHIP RECIPIENTS

Ashleigh Libs

Michele Meinking

Marily Dominguez

Amy Lovern

**Congratulations to those celebrating
50 years with UAND!**

Dianne C Carr

Cheryl H Connors

Marilyn J Scott

Elisabeth R M Wood

Continuing Education for RDs and DTRs

Thursday Educational Sessions	5 CPE
Exhibits	1 CPE
Dairy Farm Tour (separate registration)	3 CPE
Friday Educational Sessions	5 CPE
Posters	1 CPE
Fitness Class	1 CPE

Total CPE credits	16 CPE
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For CPE certificates and handouts, please visit the Annual Conference website:

http://www.eatrightutah.org/uda.cfm?page=annual_mtg_3

Materials will be available until May 31, 2017

UAND Annual Conference Agenda: Thursday, March 30, 2017

TIME	CEU	ACTIVITY	LOCATION
7:15-8:00a	-	Morning Social, Breakfast, and Registration	Banquet Hall
8:00-8:10a	-	Welcome & Announcements	Banquet Hall
8:10-9:20a	1	General Session Mary Lee Chin <i>Feeding our Future: Role for Science Technology and Food Innovation</i> Thank you Food and Culinary Professionals Dietary Practice Group <ul style="list-style-type: none"> • Understand the impact of population growth and expectations, climate change and waste will have on future food and nutrition needs. • Outline how the crops we know today have evolved from nature, with particular emphasis on the role humans have played from plants to crops, covering the past, the present, and the future. • Evaluate innovative technologies being developed to find solutions to address food production for the future i.e. drone technology, sensor technology, gene editing. • Review innovative technology of how food will be delivered in the future. 	Banquet Hall
9:25-10:15a	1	General Session Judy Barbe <i>Repurpose of Food: Reducing Food Waste at Home</i> Thank you, Utah Beef Council <ul style="list-style-type: none"> • Explain how food waste is generated throughout the food chain from agricultural production, manufacturing and processing, transportation, in retail and restaurants, and at home. • Develop strategies to reduce food waste at home. • Provide food solutions for the home cook by using food on hand to reduce waste. 	Banquet Hall
10:15-11:15a	1	Break And Exhibits	North Hall
11:15-12:05a	1	Break-Out Sessions <ol style="list-style-type: none"> 1. Nikki Kendrick <i>Getting Paid in Utah: The Nuts and Bolts of Reimbursement for the Utah RDN</i> <ul style="list-style-type: none"> • Where to find the best resources from the Academy and UAND • How they can participate in improving and increasing reimbursement opportunities for RDNs in Utah 	Room 220

		<p>2. Maryann Durrant and Lacie Jonas <i>Farm to Fork: Utah's efforts to get healthy, local foods into school lunches and child care center meals.</i></p> <ul style="list-style-type: none"> • What Farm to Fork encompasses (local procurement, gardening, learning about how food is grown/produced). • Who are the key players and stakeholders in Utah at this time? • How to get involved to further the efforts. <p>3. Amy Covington <i>WIC to Table: Understanding the Challenges Faced by Refugees in Utah as They Navigate the Women Infants and Children (WIC) Supplemental Nutrition Program</i></p> <ul style="list-style-type: none"> • Identify resettlement difficulties in Utah and the programs offered through Catholic Community Services to assist refugees. • Examine the most common nutrition risks of refugee children and the challenges parents face in accessing foods that address these risks. • Discover how the “WIC to Table” program, housed at Catholic Community Services, is working to increase access to the nutritious foods offered by WIC while striving to increase quality of life for the newly resettled refugees. 	Room 224
			Room 213
12:10-1:35a	-	<p>Lunch With The Board</p> <p>Exhibits</p>	Banquet Hall
1:40-2:30p	1	<p>Break-Out Sessions</p> <p>1. Sheryl Aguilar <i>A Behind the Scenes Look at Running Clinical Trials: A Research Dietitian's Perspective</i></p> <ul style="list-style-type: none"> • Understand the process of implementing a randomized control clinical trial. • Understand the basics of how to develop and implement a menu for a controlled feeding trial. • Be able to state an application of research in a dietitian's career. <p>2. Kayla Womeldorff and Jonnell Masson <i>Lost in Translation: How Do Patients Interpret Nutrition Recommendations at the Grocery Store?</i></p> <ul style="list-style-type: none"> • Identify common food and nutrition recommendations that are misinterpreted by patients. • Identify current food industry trends and the impact they have on shopping habits. • Bridge the gap between clinical nutrition recommendations and healthful meals. • How to use the federal regulations taking effect in 2018 to effectively counsel clients and patients. • The impact that effective nutrition counseling can have on shopping habits. 	<p>Room 220</p> <p>Room 224</p>

		3. Networking Event <ul style="list-style-type: none"> • Provide an open forum for attendees to ask questions and get practical and real world tips • Receive topics of interest for the next annual conference 	Room 213
2:30-2:55p	1	Break And Exhibits	North Hall
3:00-4:15p	1	General Session Nina Teicholz with an introduction by Thunder Jalili <i>Dietary Fat – the research & current recommendations. How should people view dietary fat, and why?</i> Thank you, Dairy Council of Utah/Nevada <ul style="list-style-type: none"> • Understand the history of dietary fat research and subsequent recommendations. • Evaluate the current state of the science on how fat impacts health. • Understand how to counsel patients/clients on fat in their diets. 	Banquet Hall
4:15-4:20p	-	Announcements	Banquet Hall
4:30-8:00p	3	Activities Dairy Council <i>Farm Tour and Cheese Tasting</i> <i>Bus Loading between 4:30-4:45</i>	

WE WANT YOUR FEEDBACK!

Please visit <https://form.jotform.us/70658249690164> to complete the evaluation for today's sessions.

Hard copies of the evaluation forms are available at the registration table.

Social Media Tags:

#eatrightUtah #RDinUT #NNM2017

UAND Annual Conference Agenda: Friday, March 31, 2017

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		<p>3. Susan Saffel-Shrier <i>Bridging Clinical-Community Nutrition Care Transitions for Older Adults</i></p> <ul style="list-style-type: none"> • Identify the continuum of care for older adults • Apply person-centered care to nutrition services • Review ASPEN diagnostic criteria for malnutrition • Describe a nutrition home evaluation • Critique nutrition screening and assessment tools 	Room 220
12:00-1:20		Awards Luncheon	Banquet Hall
1:20-2:10p	1	<p>Break-Out Sessions</p> <p>1. Emily Vaterlaus-Patten <i>Dietetics Leadership: What Do We Know?</i></p> <ul style="list-style-type: none"> • Explore the history of leadership discussion and research in the dietetics profession • Learn about clinical dietitian leadership from results of a recent national study <p>2. Sarah Hodson and Kate Wheeler <i>Nutrition in the Schools: Working to Keep Utah's Children Healthy</i></p> <ul style="list-style-type: none"> • Understand Utah's Child Nutrition Program. • Understand recent rules related to school wellness policies. • Learn about the benefits of non-food reward policies. • Learn about the work of Action for Healthy Kids and how they can be involved. <p>3. Vinodhini Kolandavelu <i>Gut Microbiota</i></p> <ul style="list-style-type: none"> • A general overview of the gut microbiota, and their functions. • The role of gut microbiota in different pathologies • Association between gut flora and different diets • Impact of various medications on Gut flora. • Importance of replenishing and restoring the gut flora. • Role of dietitians in helping people to maintain healthy gut flora. 	<p>Room 220</p> <p>Room 213</p> <p>Banquet Hall</p>
2:15-2:45p		Break: Thank you McDonalds	Main Foyer
2:50-3:50p	1	<p>General Session Sue Linja and Seanne Safaii <i>Eating to 100—Longevity Lessons from Centenarians Around the World</i></p> <ul style="list-style-type: none"> • Identify the common dietary factors of centenarians from around the world • Describe the top 20 foods contributing to their overall health and longevity • Identify at least 5 ways to incorporate centenarian foods into the western diet • Transform traditional foods of centenarians into creative recipes for you and your clients 	Banquet Hall

3:50-4:00p	-	Closing Remarks; Conference adjourns for the year	Banquet Hall
4:00-5:00p	1	Fitness Class Jazzercise with Marisa Raymond RD, CD Yoga with Katie Shiffgen	TBD

Thank you for your support of the Utah Academy of Nutrition and Dietetics Annual Conference and Exposition. We hope you enjoy your time with us!

WE WANT YOUR FEEDBACK!

Please visit <https://form.jotform.us/70698685335168> to complete the evaluation for today's sessions.

Hard copies of the evaluation forms are available at the registration table.

I would like to express my thanks to the Annual Meeting planning committee for their hard work throughout the last several months. This conference has been a tremendous undertaking. I am glad that these ladies were able to see my vision and help to make it a reality. Each one of them played a significant role in making this conference successful. Thank you!

Mateja Savoie
Rebecca Charlton
Kristine Scott
Stephanie Ashmore

Marisa Raymond
Jan Holding
Tacie Hall
Brittney Poulsen

Theresa Dvorak
Wendy Phillips
Melissa Baugh
Robin Aufdenkampe

If you would like to participate on the planning committee for next year, please sign up at the registration table or email Kelli Boi at boi.kelli@gmail.com.

Notes

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